

HAPPENS EVERY MONTH

- ☐ **Head Start:** Many classroom and home-visit activities have been WIC approved. Talk to your child's classroom teacher or home visitor for more details.
- ☐ **Nurse Family Partnership (NFP):** This program provides education and support for new families. The goals are to help you have a healthy baby, learn how to promote your baby's health and development, and to help you achieve your own goals. For more information about the program call 1-800-270-4231. If you already receive NFP visits, talk with your home visitor about how to receive WIC credit.
- ☐ **The Doula Project:** This is a program of Washington County Mental Health Services. Services provided are around childbirth education, Labor Doula Support and Postpartum support. Many of the activities that this project supports are WIC approved. If you are interested in this program call Maria Noyes at 802-522-8637. If you are already enrolled talk with your Doula about which activities are WIC approved and how to get credit.
- ☐ **Breastfeeding Moms Group / Bosom Buddies:** Open to anyone interested in learning more about breastfeeding. Group meets the 1st Monday of every month from 5:30 – 7 PM at CVMC Women & Children's Unit. Call 371- 4415 for more information. Talk with Stevie or Heidi about how to receive WIC credit.
- ☐ **How to Breastfeed Prenatal Class:** An Introduction to providing the world's best food for your baby. Learn why breastfeeding matters, importance of "skin to skin", how babies "latch-on", how much milk babies need, how new babies "talk" to us, getting off to the best start, overcoming challenges, and more. First Thursday of each month from 8-9:30 AM or 4th Tuesday of each month from 4:30-6 PM at UVM Central Vermont Medical Center. Call 371-4415 to sign up. Talk with Stevie or Heidi about how to receive WIC credit.
- ☐ **Prenatal Breastfeeding Group: Preparing for Birth & the First 10 Days:** Share worries about being a new mother/parent/grandparent etc. Understand the hospital practices that support breastfeeding. Discuss Infant Feeding Plans. Understand the signs that breastfeeding is going well, and when to call the doctor. Recognize the signs that baby is getting enough to eat. Fourth Wednesday of each Month from 11-12 AM at the WIC office in Barre, 2nd Floor.
- ☐ **Understanding Your Baby's Cues:** Join other new parents like you to learn about baby behavior. Understanding how babies sleep, why they cry, and what they need. All these things can help you feel more relaxed and confident. Responding quickly to your baby's cues helps her feel more safe and secure. Fourth Wednesday of each month 1-2 at the WIC office in Barre, 2nd Floor.
- ☐ **Eating Well on A Budget for Families: Individual Home Visits:** Learn ways to save money, shop smart, reducing waste of food & money, healthy eating ideas, meal planning, and much more. Incentives are available for each class attended, including an immersion blender or a stainless steel utensil set for attending at least 5 classes. Classes are available Monday through Thursday. Call Fran to schedule a time at 476-2003 ext. 206, or referrals can be made by request.
- ☐ **Veggie Van Go:** Join the Vermont Foodbank on the 3rd Tuesday of each month from 2:00-3:30 PM at Barre City Middle and Elementary School. This is an opportunity to see a fresh food demonstration and get free fresh fruits and vegetables for you and your family. Must be a resident of Barre Town or Barre City to participate.
- ☐ **One-on-One Weight check/ Nutrition education with a Nutritionist:** If you have specific questions about what you or your child is eating, or just want to have a weight check before the next WIC appointment, this option is great for you.

ON LINE OPTIONS

- ☐ **PEGTV: WIC Nutrition Education: "What's Cookin' Rutland."** A monthly Cooking show that features healthy recipes & tips. Watch a 30 Minute episode of "What's Cookin' Rutland" on-line at www.pegtv.com for your nutrition Education activity. During the show A WIC Nutrition Education Code will display at the bottom of the screen. When you call our office (479-4200) to report your WIC Nutrition Education Activity, give us the code and one of the recipes you watched being prepared. Online Anytime: www.pegtv.com. Click on "Video on Demand". Choose "cooking Shows" and scroll to "What's Cookin' Rutland video. Then report the WIC nutrition code & recipe you watched to our office.
- ☐ **WIChealth.org:** Complete your WIC nutrition education online with wichealth.org. Wichealth.org activities are easy and fun ways to get more information from a trusted source on a variety of topics many families face when parenting small children. Lots of families like these activities because they can be done at your convenience in the privacy of your own home. Check us out @ www.wichealth.org

ONE TIME EVENTS

- ☐ **Making your own baby food:** Making your own baby food is easy! Join us to learn how to make healthy and delicious food for your baby. Many of the foods your family eats can be used. Most foods can be cooked and pureed for young babies, and mashed or chopped when your baby is ready for more texture. Those who attend will receive a free food mill. Wednesday, September 13th from 2-3 pm at the WIC office in Barre. Call 479-7442 to sign up or sign up at your next WIC appointment.
- ☐ **Halloween party!** Put on your Halloween costume and join us for a Halloween celebration starting with story time, followed by creating healthy Halloween treats including ghost bananas, apple monsters and tangerine pumpkins that may be sampled. Friday, October 27th from 9-10 am at the WIC office in Barre. Attendees will receive a free children's book and reusable bag. Call 479-7442 to sign up or sign up at your next WIC appointment.
- ☐ **Make your own applesauce:** Wondering what to do with all of those extra apples you picked this fall? Come learn how to make your own applesauce! We will demonstrate how to make your own applesauce that may be sampled. A recipe will be provided, as well as recipes featuring other fall fruits and veggies. Monday, November 6th from 2-3 pm at the WIC office in Barre. Attendees will receive a free reusable bag. Call 479-7442 to sign up or sign up at your next WIC appointment.